



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

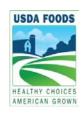
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(last updated, 12-15-2011)

110187 - TOMATO SAUCE, LOW-SODIUM, POUCH

Nutrition Information

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CATEGORY	Vegetables/Fruits	Low Sodium Tomato sauce, Pouch		
PRODUCT DESCRIPTION	U.S. Grade A tomato sauce; may be more than lightly seasoned by added salt and spices and to which may be added one or more nutritional		¼ cup (61 g)	½ cup (122 g)
	sweetening ingredients, vinegar, onions, garlic, or other vegetable flavoring	Calories	18	36
	ingredients. This is a low-sodium food (140 milligrams of sodium or less	Protein	.81 g	1.62 g
	per serving).	Carbohydrate Dietary Fiber	4.08 g .9 g	8.16 g 1.8 g
PACK/YIELD	• 6/106 oz pouches per case.	Sugars	.5 g 2.59 g	5.18 g
	• One pouch AP yields about 106 oz (12½ cups) tomato sauce and provides	Total Fat	.11 g	.22 g
	about 50.7 ¹ / ₄ -cup servings vegetable.	Saturated Fat	0 g	0 g
	• CN Crediting: ½ cup tomato sauce provides ½ cup vegetable.	Trans Fat	0 g	0 g
	erv crediting. 74 cup tomato sauce provides 74 cup vegetable.	Cholesterol	0 mg	0 mg
STORAGE	• Store unopened pouch of tomato sauce in a cool, dry place. Never store	Iron Calcium	0.72 mg 8 mg	1.24 mg 16 mg
	pouches in a damp storage area or any place exposed to high or low	Sodium	70 mg	140 mg
	temperature extremes.	Magnesium	0 mg	0 mg
	Store opened pouches of tomato sauce covered and labeled in a dated	Potassium	0 mg	0 mg
	container under refrigeration.	Vitamin A	265 IU	530 IU
	Use First-In-First-Out (FIFO) storage practices to ensure use of older product	Vitamin A Vitamin C	0 mg 4.3 mg	0 mg
	first.	Vitamin E	4.3 mg	8.6 mg 1.74 mg
PREPARATION/ COOKING INSTRUCTIONS	Tomato sauce is ready to use. Preparation depends on final use and may be part of recipe instructions.	Vicalitii E	.or mg	



USDA United States Department of Agriculture Food and Nutrition Service



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USES AND TIPS	• Use tomato sauce as an ingredient in sauces, stews, casseroles, pizza, and soups. May also be used as a topping for cooked pasta, or as an ingredient in other Italian style dishes. Serve warm as a dipping sauce for breadsticks.	
FOOD SAFETY INFORMATION	 NEVER USE food from pouches that are leaking, bulging, or spurt liquid when opened. DON'T USE OR TASTE pouches with a foul odor when opened. Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements. 	
BEST IF USED BY GUIDANCE	To guidance on now to effectively manage, store, and maintain CDDA Toods, please visit the TDD website at.	

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.